

Managing work with L.O.V.E.

By Gabriela Cora



DO YOU WORK eight hours, enjoy recreational activities eight hours and sleep eight hours every day? Probably not. Life-work balance is a myth. Instead, busy employees, business owners and executives ought to focus on managing work in life with L.O.V.E.

Lifestyle strategies. Too busy to exercise? Many people cut down on exercise when they experience increased work demands. Others fast through long hours at the job, while their companions binge on any junk they can get their hands on. Many sleep less to work more. Let's rethink a formula that works: To keep a healthy lifestyle, eat nutritious food at regular intervals, exercise at least 30 minutes daily, find ways to relax and make sure your sleep refreshes your busy mind.

Organize your day. Like to be spontaneous? That's wonderful, but keep the surprises for special occasions. For everyday responsibilities, the busiest folks succeed by planning, prioritizing and organizing their hectic schedules. Many struggle with overlapping responsibilities. When this happens, healthy lifestyles and important activities with the family are pushed to the bottom of the list. Keep your priorities in check: Plan ahead so you will be efficient within your time constraints.

Values. Do you say you cherish your significant relationships, but in reality spend dwindling time with loved ones? What you think and say doesn't match your actions. You are not in alignment if you say you value excellence but submit sloppy work or if you say you love spending time with your kids but never make the time. Sometimes people get so busy they forget to revisit their true motivation to work to create better lives for the people they love. Take the time to find out what's truly important to you.

Enjoy. Do you wake up thinking you will have an amazing day or do you make a list of the bad things that will probably happen? Your outlook on life may be predisposing you to win or lose. Perhaps you are working like two or three people at work, you just lost your main account and your family talks to you only when they need something. How about making a list of what you enjoy from work, of the people who love your products or services, and the cherished times when you and your family laugh together? Have the intention to enjoy each and every day. ☑

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Delivering hope

THE U.S. POSTAL Service is known for delivering mail and packages throughout America, but did you know it is the largest contributor to the National Marrow Donor Program's (NMDP) Be The Match Registry?

Thousands of people with leukemia, lymphoma and other life-threatening blood diseases need donor matches for bone marrow or blood cell transplants, yet there is only a 30 percent chance of patients finding matches within their own families. The Postal Service leverages the country's second-largest civilian workforce by delivering hope that a lifesaving match can be found.

Postal Service employees and their spouses and dependents, ages 18 and older, are eligible to participate through the Delivering the Gift of Life campaign at no cost for type-testing of tissue.

Any person of any race or ethnicity who is 18 to 60 years old

and meets donation health guidelines can become a potential volunteer donor. Interested postal employees who are not currently part of the registry can send an e-mail to marrowcampaign@usps.gov. Others who want to help or become a part of the Be The Match Registry can go to www.bethematch.org for more information.

The Postal Service receives no tax dollars for operating expenses, and relies on the sale of postage, products and services to fund its operations.

"Our Delivering the Gift of Life campaign has been one of our best investments over the years, adding more than 53,000 potential volunteer donors to the Be The Match Registry," said recently retired Postmaster General John E. Potter. "It makes me proud to know our employees believe in the spirit of community, and their generosity and self-sacrifice continue to amaze me." —T. Foster Jones



KEN BROWMAN



Healthy Heart Month

UNDENIABLY, A HEALTHY lifestyle is the best defense against heart disease. Lifestyle choices in your control can keep you on a heart-healthy path.

The Mayo Clinic (www.mayoclinic.com) offers a concise set of strategies for implementing a heart-healthy lifestyle.

1. Quit smoking

When you give up smoking, your risk of heart disease drops dramatically within just one year. No matter how long or how much you smoked, you'll start reaping rewards as soon as you quit.

2. Stay active

Guidelines recommend that you get at least 30 to 60 minutes of moderately intense physical activity most days of the week. Gardening, housekeeping, taking the stairs and walking the dog count toward your total time. You don't have to exercise strenuously to achieve benefits.

3. Eat for your heart

Heart-healthy eating isn't all about cutting back; it's about watching what you eat. Most people need to add more fruits and vegetables to their diet, with a goal of five to 10 servings a day.

Limiting certain fats is also important. Of the types of fat, saturated fat and trans fat increase the risk of coronary artery disease by raising blood cholesterol levels.

A heart-healthy diet also means drinking alcohol only in moderation—no more than two drinks a day for men, one a day for women.

4. Watch your weight

Reducing your weight by just 10 percent can decrease your blood pressure, lower your blood cholesterol level and reduce your risk of diabetes.

5. Regular health monitoring

High blood pressure and high cholesterol can damage your heart and blood vessels. Screening can tell you what your numbers are and whether you need to take action. (Note: Costco Pharmacies offer screening clinics; check with your local warehouse for schedules.)

See MayoClinic.com for the full article, "5 medication-free strategies to help prevent heart disease." —David Wight